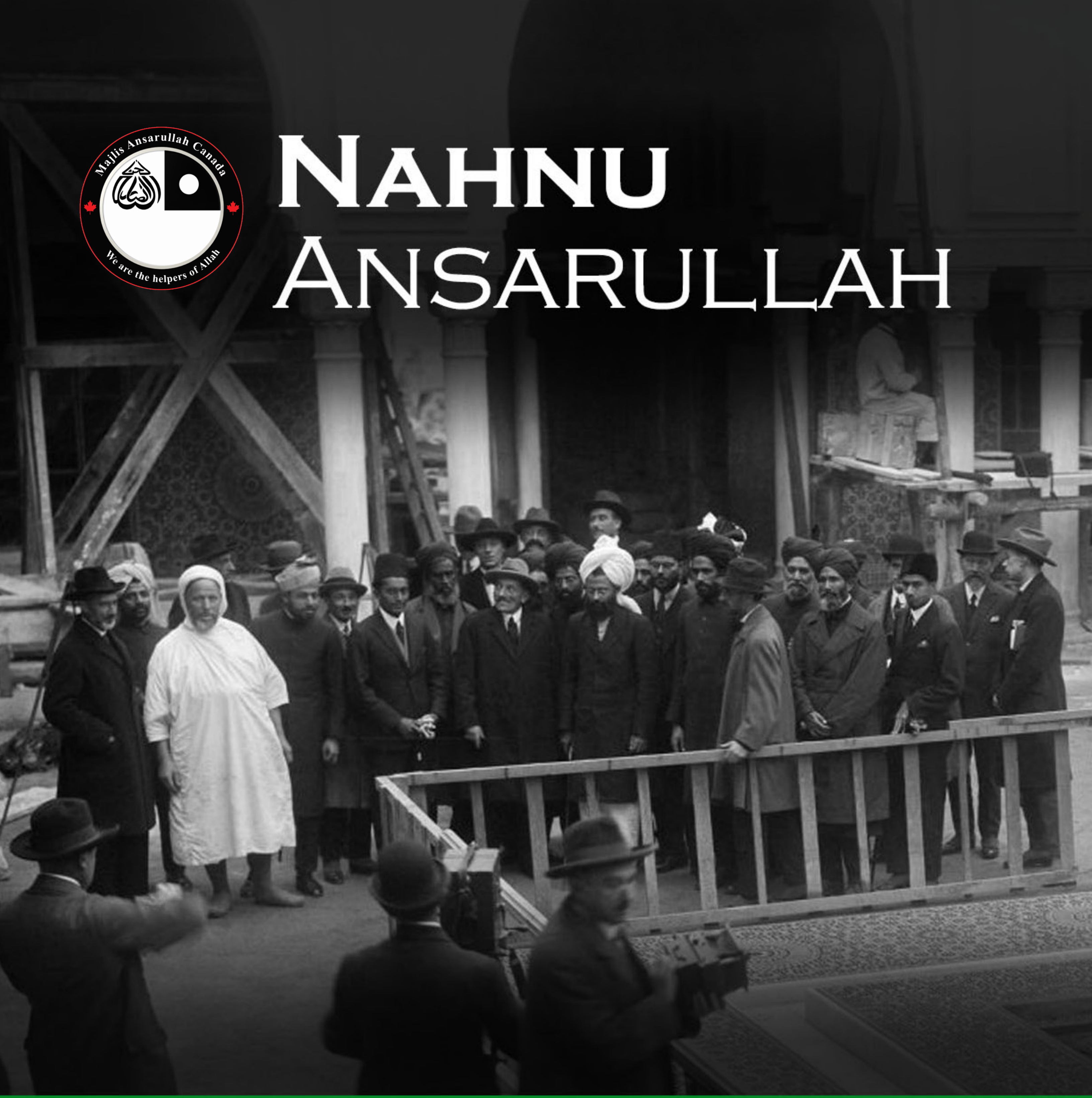
Majlis Ansarullah Canada

We are the helpers of Allah

NAHNU ANSARULLAH



30 October 1924 was a rainy day in Paris. As Hazrat Musleh Maud^{ra} walked into the first mosque of the city (which was under construction) many people gathered around him in awe. The officer incharge of construction proceeded to accompany Huzoor^{ra} to the Mehrab, which had been cleaned out so that prayer could be offered. Huzoor^{ra} instructed Hazrat Hafiz Roshan Ali^{ra} to call the Adhan – the first in a Paris mosque. After the Adhan was called Hazrat Musleh Mau'ud^{ra} lead the Zuhr and Asr prayers; these were the first congregational prayers offered in the first mosque of Paris, France.

Feb 2025 | Tabligh 1404 | Shaban 1446 | Volume 25 | Issue 02
www.nahnuansarullah.ca

Picture source: wallpaperflare.com

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THE DIVINE REVELATION CONCERNING THE HAZRAT MUSLEH MAU'UD ^{RA}

In the announcement of February 20, 1886, the Promised Messiah^{as}, says:

"God, the Merciful and Noble, the Magnificent and High, Who has power to do all that He wills (glory be to Him and exalted be His name) addressed me in a revelation and said:

"I confer upon you a Sign of My mercy according to what you begged of me. So I have heard your entreaties and have honoured your prayers with My acceptance through My mercy and made your journey (i.e. the journey to Hoshiarpur and Ludhiana) a source of blessings for you. Therefore, a Sign of power, mercy, nearness is bestowed on you, a Sign of grace and beneficence is awarded to you and you are granted the key of success and victory. Peace on you, O victorious one. Thus did God speak so that those who desire life may be rescued from the grip of death and those who are buried in the graves may come out of them and so that the superiority of Islam and the dignity of God's Word may become manifest unto the people and so that truth may arrive with all its blessings and falsehood may flee with all its ills, and so that people may understand that I am the Lord of Power, I do whatever I will, and so that they may believe that I am with you, and so that those who do not believe in God and deny and reject His religion and His Book and His Holy Messenger Muhammad, the Chosen One^{sa} may be confronted with a clear Sign and the way of the guilty ones may become manifest. Rejoice, therefore, that a handsome and pure boy will be bestowed on you; you will receive an unblemished youth who will be of your seed and will be of your progeny. A handsome and pure boy is coming as your guest. His name is Emmanuel and also Bashir. He has been invested with a spirit of holiness, and he is free from all impurity. He is the light of Allah. Blessed is he who comes from heaven. He will be accompanied by grace which shall arrive with him. He will be characterised with grandeur, greatness and wealth. He will come into the world and will heal many of their disorders through his Messianic qualities and through the blessings of the Spirit of Holiness. He is the Word of Allah for Allah's mercy and honour have equipped him with the Word of Majesty. He will be extremely intelligent and perceptive and will be meek of heart and will be filled with secular and spiritual knowledge. He will convert three into four (of this the meaning is not clear). It is Monday a blessed Monday. [Son, delight of the heart, high ranking, noble.] [A manifestation of the First and the Last, a manifestation of the True and the High; as if Allah has descended from heaven.] His advent will be greatly blessed and will be a source of manifestation of Divine Majesty. Behold a light comes, anointed by God with the perfume of His pleasure. We shall pour Our Spirit into him and he will be sheltered under the shadow of God. He will grow rapidly in stature and will be the means of procuring the release of those held in bondage. His fame will spread to the ends of the earth and peoples will be blessed through him. He will then be raised to his spiritual station in heaven. [This is a matter decreed.]"

(Announcement of February 20, 1886, Majmu'a-e-Ishtiharat, vol. 1, pp. 100–102)

ISSN 2560-886X (Print) ISSN 2560-8878 (Online) Ishaat@ansar.ca TEL:905-417-1800
www.nahnuansarullah.ca

بسم الله الرحمن الرحيم

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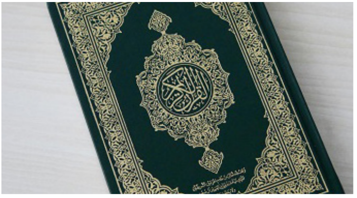

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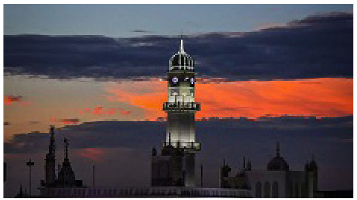

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Picture source: Freepik.com

The Holy Qur'an

هُوَ الَّذِيْ بَعَثَ فِي الْاُمِّيّٖنَ رَسُوْلًا مِّنْهُمْ يَتْلُوْا عَلَيْهِمْ اٰيٰتِهٖ وَيُزَكِّيْهِمْ وَيُعَلِّمُهُمُ الْكِتٰبَ وَالْحِكْمَةَ
وَاِنْ كَانُوْا مِنْ قَبْلُ لَفِيْ ضَلٰلٍ مُّبِيْنٍ ۙ وَّاٰخَرِيْنَ مِنْهُمْ لَمَّا يَلْحَقُوْا بِهِمْ وَهُوَ الْعَزِيْزُ الْحَكِيْمُ

(4-3:26)

Translation

He it is Who has raised among the Unlettered people a Messenger from among themselves who recites unto them His Signs, and purifies them, and teaches them the Book and wisdom, although they had been, before, in manifest misguidance; And will raise among others from among them who have not yet joined them. He is the Mighty, the Wise.

Short Commentary

Commentary:

The verse signifies that the Message of the Holy Prophet^{sa} was meant not only for the Arabs among whom he was raised but for all non-Arabs as well, and not only for his contemporaries but also for the coming generations till the end of time. Or the meaning may be that the Holy Prophet^{sa} will be raised among another people who have not yet joined his immediate followers. The reference in the verse and in a well-known saying of the Holy Prophet^{sa} is to the Second Advent of the Holy Prophet^{sa} in the person of the Promised Messiah in the latter days. Says Abu Hurairah: "One Day we were sitting with the Holy Prophet^{sa} when Surah Jumu'ah was revealed. I asked the Holy Prophet^{sa}, "Who are the people to whom the words and among others from among them who have not yet joined them, refer. Salman the Persian was sitting among us. Upon my repeatedly asking him the same question, the Prophet^{sa} put his hand on Salman and said, "If Faith were to go up to the Pleiades, a man from these would surely find it" (Bukhari). This hadith shows that the verse applies to a man of Persian descent. Now, the Promised Messiah, the Founder of the Ahmadiyya Movement, was of Persian descent. Other sayings of the Holy Prophet speak of the appearance of the Messiah at a time when there would remain nothing of the Quran but its words and of Islam but its name i.e. the true spirit of Islamic teaching will be lost (Baihaqi). Thus, the Qur'an and Hadith both seem to agree that the present verse refers to the Second Advent of the Holy Prophet in the person of the Promised Messiah.

HADITH

Picture source: karwaneramzani.com/.com

عَنْ اَبِيْ هُرَيْرَةَ رَضِى اللہ عنه قَالَ كُنَّا جُلُوسًا عِنْدَ النَّبِيِّ ﷺ فَأُنْزِلَتْ عليه سُورَةُ الجُمُعَةِ: {وَآخَرِينَ مِنْهُمْ لَمَّا يَلْحَقُوا بِهِمْ} [الجمعة:4]، قالَ: قُلتُ: مَنْ هُمْ يا رَسولَ اللّٰهِ؟ فَلَمْ يُرَاجِعْهُ حتَّى سَأَلَ ثَلَاثًا، وَفِيْنَا سَلْمَانُ الفَارِسِيُّ، وضَعَ رَسولُ اللّٰهِ ﷺ يَدَهُ علَى سَلْمَانَ، ثُمَّ قالَ: لَوْ كَانَ الْاِيْمَانُ عِنْدَ الثُّرَيَّا، لَنَالَهُ رِجَالٌ -اَوْ رَجُلٌ- مِنْ هٰؤُلَاءِ.

(صحيح بخارى كتاب التفسير/الجمعة باب: قَوْلُهُ وَاَخَرِيْنَ مِنْهُمْ لَمَّا يَلْحَقُوا بِهِمْ (الجمعة:٤))

Translation

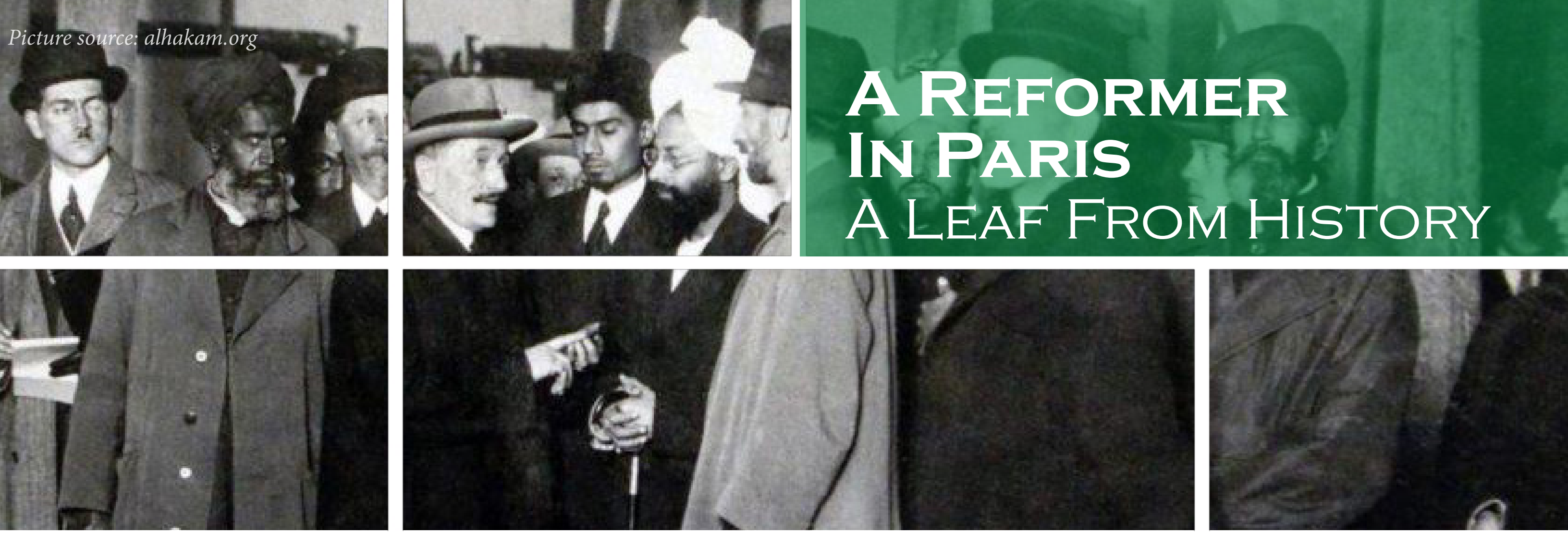
Narrated by Abu Huraira:
While we were sitting with the Prophet sa Surat Al-Jumu'a was revealed to him, and when the Verse, "And He (Allah) has sent him (Muhammad) also to other (Muslims)....' (62.4) was recited by the Prophet, I said, "Who are they, O Allah's Messenger sa?" The Prophet sa did not reply till I repeated my question thrice. At that time, Salman Al-Farisi was with us. So, Allah's Messenger sa put his hand on Salman, saying, "If Faith were at (the place of) Ath-Thuraiya (pleiades, the highest star), even then (some men or man from these people (i.e. Salman's folk) would attain it."

So said the Promised Messiah AS

Picture source: facebook.com/qadiandiaries

The world cannot accept me, because I do not belong to this world. But those who are gifted with a measure of other worldliness are the ones who accept and will accept me. The one who rejects me rejects Him Who has sent me, and the one who is grafted to me is grafted to Him Whom I represent. I bear a torch which will illumine all those who come close to me, but the one who entertains suspicion and doubt and runs away will be subjected to darkness. I am the impregnable fortress for this age; whoever enters my fold will be protected from thieves, robbers and the beasts of the wilderness.

(Fatah Islam: Roohani Khaza'in Vol. 3, p. 34)



Picture source: alhakam.org

A REFORMER IN PARIS

A LEAF FROM HISTORY

PARIS
30
OCT
1924

(Hazrat Bhai Abdur Rahman Qadiani's ^{ra} account of Hazrat Mirza Bashiruddin Mahmud Ahmad's ^{ra} visit to France in 1924, taken from his diary, published as Safar-e-Europe)

Hazrat Mirza Bashiruddin Mahmud Ahmad, Khalifatul Masih II^{ra} went out for sightseeing in the city of Paris on the morning of 30 October 1924. Hazrat Musleh-e-Mau'ud^{ra} left straight after breakfast and was accompanied by Chaudhry Zafrulla Khan Sahib and Khalifah Taqiuddin Sahib. Lunch was served upon Huzoor's^{ra} return to the hotel at around 1:30pm.

Huzoor^{ra} had planned to offer Zuhr and Asr prayers at the Grand Mosque of Paris, so he started getting ready to head there straight after lunch. Accompanying Huzoor^{ra}, we all left the hotel at 3pm for the mosque.

It was raining heavily and in this rain of blessings, Huzoor^{ra}entered the Grand Mosque of Paris. Local residents and the administration of the mosque saw the scene of Huzoor^{ra} entering the mosque with great excitement and welcomed him with great honour.

The architect showed Huzoor^{ra} around the mosque and led him to the mihrab. As the building is still underway, they moved the rubble aside to clear the area for Salat. They had laid mats and rugs to make the place for prayer as comfortable as possible. Huzoor^{ra}, standing in the mihrab, asked Hafiz Roshan Ali Sahib to call the Azan. Hafiz Roshan Ali Sahib recited the Azan with such a melody that everyone present was deeply moved. It was as if the universe had just come into being and every soul had bowed before its Creator.

This Azan was the first Azan ever to be called in this mosque and the Salat that followed – led by Hazrat Khaifatul Masih^{ra} was the first ever salat to be offered in this mosque. Hazrat Khalifatul Masih^{ra} combined both Zuhr and Asr prayers.

The following gentlemen were in congregation:

1. Abdur Rahman Qadiani (the author)
2. Chaudhry Zafrulla Khan Sahib
3. Dr Hashmatullah Khan Sahib
4. Chaudhry Ali Muhammad Sahib
5. Abdur Rahim Dard Sahib
6. Malik Nawab Din Sahib
7. Khalid Sheldrake Sahib
8. Misbahuddin Sahib

9. Khalifa Taqiuddin Sahib

10. Hafiz Roshan Ali Sahib

11. Sheikh Yaqub Ali Irfani Sahib

12. Zulfiqar Ali Khan Sahib

13. Hazrat Mirza Sharif Ahmad Sahib

14. Sheikh Abdur Rahman Misri Sahib

15. Chaudhry Fateh Muhammad Sahib

16. Chaudhry Muhammad Sharif Sahib

17. Abdur Rahim Nayyar Sahib

18. Dr Malik Muhammad Ismail Sahib

The administration invited Hazrat Khalifatul Masih^{ra} to tea and Huzoor accepted their offer. The tea was more of an infusion and not the traditional breakfast tea that is served with biscuits. The way they served us the tea expressed their deep love and sincerity.

During tea, Huzoor^{ra} expressed his gratitude for the hosts and prayed that may Allah reward them for the good deed of building the mosque. Huzoor also thanked the French government on the good gesture of allowing the mosque to be built in their country. As the majority of those present were of Moroccan or of other Arabic origin, Sheikh Abdur Rahman Misri Sahib translated Huzoor's^{ra} words into Arabic.

The architect of the mosque came out saw him off. It was still raining but as we had to board the train to Italy, Huzoor^{ra} walked to his car in the rain. As soon as we arrived at the hotel, we started preparing for the journey that we were to embark upon later that night. Hazrat Khalifatul Masih II^{ra} himself packed his luggage and assigned various duties to us all – cargo bookings, train reservations etc.

We arrived at the Gare de Lyon Station of Paris. The clerical staff, the porters and all other railway staff could not understand a single word we spoke in English and we could not grasp a single word of French. The whole situation became very amusing, but we were concerned about missing our train. Something had to be done.

Our train was scheduled to depart at 9:20pm and it was already 8:45pm. Porters had loaded our baggage onto trollies but left without moving the trollies. Finally, Huzoor^{ra} arrived and we all felt relieved. Chaudhry Zafrullah Khan Sahib and Khalid Sheldrake Sahib had to do a bit of running around before issues were resolved and we were just about able to catch the train.

As we anxiously ran to catch the train, passengers and bystanders looked on in great

HAZRAT KHALIFATUL MASIH II^{RA} IN THE PARIS MOSQUE

Picture source: alhakam.org

excitement. The train was about to set off when we somehow managed to haphazardly throw in our luggage and jump aboard ourselves.

The train had just started to move when someone said that our booked luggage had not been boarded. Abdur Rahim Nayyar Sahib was given a 10-pound note and told to immediately get off the train and come with the luggage the following day. It was later discovered that the luggage had been boarded on our train. It was by the sheer grace of Allah that this near impossible task was accomplished, albeit with great difficulty. It was as if each one of us had a dozen angels as helpers.

As the train started to head towards our destination, putting all the scattered luggage together was a big task. Sheikh Abdur Rahman Misri Sahib supervised this. That done, everyone started to feel hungry, so food was served – this helped in diverting our attention from the worries of the journey. Having eaten well, we all felt like talking to other passengers and try to do a bit of tabligh to them. After all, this was the primary purpose of the whole tour anyway.

There were four French passengers in the compartment that I sat in, three men and a woman. They had a French newspaper which they would glance at and then start staring at us. We tried to break the ice by talking to them but of course they would not understand a word, sign language also proved to be of no avail.

Finally, they held out the newspaper towards us, showed us a photograph and asked which one of us that was. The photograph was of Hazrat Khalifatul Masih II^{ra} that a newspaper had published with the story of Huzoor's^{ra} presence in Paris.

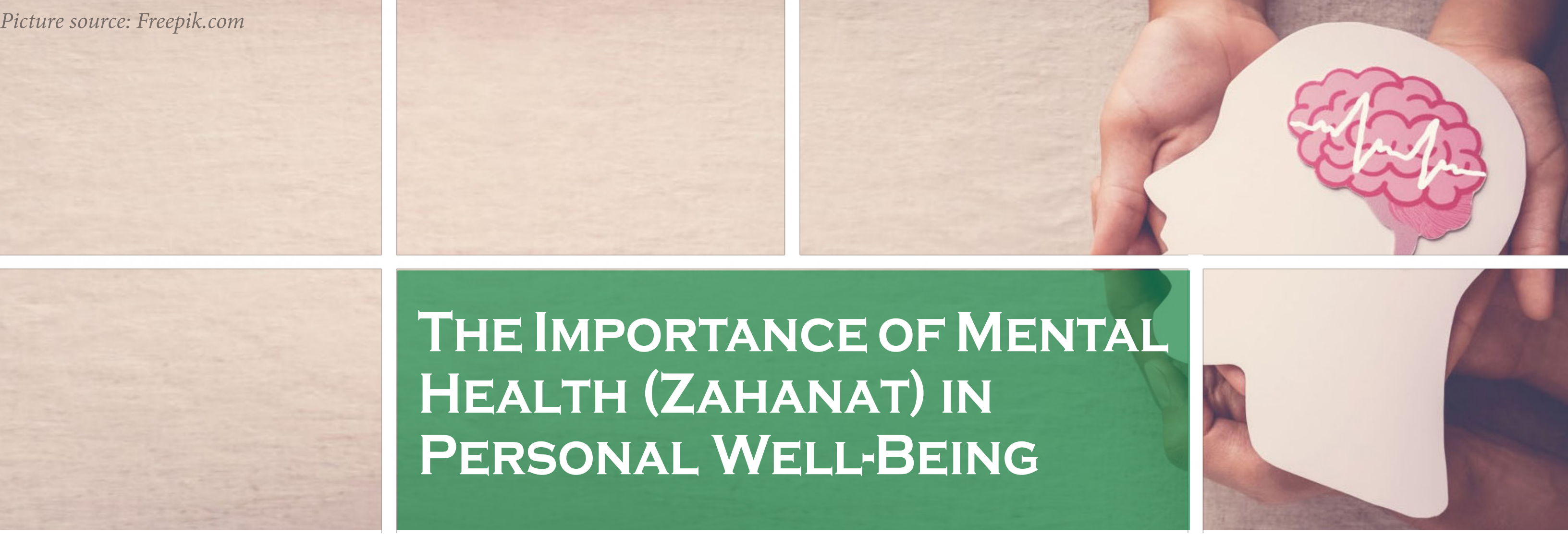
Although with great difficulty, we were able to somehow communicate to them that the person in the photograph is a man of God and is seated in the first-class compartment right now.

We told them that he wears a white turban and that makes him easily recognisable. I am sure that they would have definitely caught a glimpse of Huzoor^{ra} when we all disembarked the train as they seemed to be inquisitive. I had a few franks in my pocket which I offered them in exchange of the newspaper. They refused to accept the money but gave us the copy of the newspaper. We were aware of this photograph being published along with the news but had not been able to get it, so by the grace of Allah, we were able to obtain it this way.

HAZRAT KHALIFATUL MASIH II^{RA} IN THE PARIS MOSQUE

Picture source: tariqmagazine.org

Picture source: Freepik.com



THE IMPORTANCE OF MENTAL HEALTH (ZAHANAT) IN PERSONAL WELL-BEING

AN ISLAMIC PERSPECTIVE

Asif Malik – Qa'id Zahanat wa Sehat-e-Jismani,
Majlis Ansarullah Canada

In today's fast-paced world, mental health *(Zahanat)* is just as important as physical health *(Sehat-e-Jismani)*. Islam emphasizes the interconnectedness of body, mind, and soul, urging believers to maintain a balance in all aspects of their lives. The Ansarullah department's focus on Zahanat reflects Islam's holistic approach to health, recognizing that a healthy mind is essential for navigating life's challenges and building emotional resilience.

Islamic Perspective on Mental Health

1. Reliance on Allah (Tawakkul) and Peace of Mind

The Qur'an reminds us that hardships are followed by ease:

"Indeed, with hardship comes ease." (Quran 94:6)

This verse teaches that, despite life's trials, trust in Allah leads to peace and mental resilience, knowing that challenges are temporary and solutions are near.

2. Patience (Sabr) and Mental Strength

The Prophet Muhammad^{sa} said:

"And whosoever is patient, Allah will give him the strength to bear his difficulties."

(Sahih Bukhari, Book 70, Hadith 544)

This hadith emphasizes the importance of patience in facing mental and emotional struggles, providing the strength to overcome adversity.

3. Prayer (Salat) and Inner Peace

The Qur;'an emphasizes the peace brought by remembrance of Allah:

"Verily, in the remembrance of Allah do hearts find rest." (Quran 13:28)

This verse demonstrates how regular engagement in prayer *(Salat)* and Zikr *(remembrance of Allah)* helps calm the mind and alleviate anxiety.

Teachings of Hazrat Masih Mau'ud^{as}

1. The Significance of Mental Peace

Hazrat Masih Maud ^{as} said:

"A healthy mind is a great blessing, and one who does not have peace of mind is like a sick person, whose ailment is often more severe than a physical one." (Noor-ul-Haq, Vol. 1, p. 32)

This teaching underscores that a peaceful mind is crucial for overall well-being, highlighting that mental peace is as important as physical health.

2. Spiritual Practices for Mental Health

Hazrat Masih Mau'ud^as^ also said:

"True peace comes from the fear of Allah and remembrance of Him, for in that remembrance lies tranquility." *(The Will, p. 42)*

This statement reveals that the remembrance of Allah through prayers, Zikr, and righteous living is the key to inner peace.

Teachings of the Khulafa

Hazrat Khalifatul Masih II^ra^

Hazrat Khalifatul Masih II^ra^ highlighted the importance of nurturing the mind and soul:

"A true believer must not only take care of his body but must also look after his mind and soul. Only through spiritual practices and remembrance of Allah can a person find true peace and contentment." *(Al-Fazl, July 10, 1933)*

This statement reflects the holistic approach of Islam, recognizing the integral role of spiritual well-being in mental health.

Hazrat Khalifatul Masih III^ra^

Hazrat Khalifatul Masih III ^ra^ emphasized how faith helps overcome mental and emotional difficulties:

"The key to overcoming mental distress is to strengthen one's connection with Allah, seek His help in prayer, and maintain a positive outlook based on the teachings of Islam."

(Al-Fazl, December 2, 1977)

This teaching reinforces the importance of relying on Allah during challenging times to achieve emotional stability.

Hazrat Khalifatul Masih IV^rh^

Hazrat Khalifatul Masih IV^rh^ encouraged believers to support one another in times of distress:

"A community that supports its members in times of emotional need is one that reflects the true spirit of Islam." *(Al-Fazl, April 4, 1983)*

His message highlights the significance of communal support in promoting mental well-being, ensuring that no one is left to suffer alone.

Hazrat Khalifatul Masih V ^aa^

Hazrat Khalifatul Masih V^aa^ frequently addresses the importance of mental health and emotional well-being:

"A strong relationship with Allah not only enhances spiritual strength but also provides us with the mental resilience to face life's challenges. As a community, it is essential to support one another in maintaining both our spiritual and mental well-being." *(Speech, 2019)*

Hazrat Khalifatul Masih V ^aa^ emphasizes the need for individuals to seek help when needed and for communities to provide emotional support, fostering a healthy environment for mental well-being.

Practical Ways to Nurture Mental Health in Islam

1. Strengthening Faith (Iman): A deep trust in Allah helps reduce anxiety and brings tranquility to the heart.

2. Patience (Sabr): Practicing patience in the face of challenges leads to mental resilience and emotional stability.

3. Social Support: Islam encourages believers to support one another, fostering a strong sense of community.

4. Physical and Mental Exercise: Regular physical activity is essential for both physical and mental well-being.

Mental health *(Zahanat)* is integral to overall well-being, as emphasized by the Quran, Hadith, and the teachings of Hazrat Masih Maud^as^ and his Khulafa. Maintaining a balanced life through faith, patience, prayer, and community support ensures mental peace and resilience. As Hazrat Khalifatul Masih V ^aa^ has highlighted, a strong connection with Allah is key to mental strength, and through the teachings of Islam, we can achieve both spiritual and mental well-being. Inshallah!

Picture source: alhakam.org

FROM THE FIRST FLIGHT IN QADIAN TO THE KHILAFAT FLIGHT

QADIAN
01
JANUARY
1933

During the USA Tour 8th October 2022

Awwab Saad Hayat,
Al Hakam

The year 1933 for the Ahmadiyya Muslim Jama'at began with a historical incident. It was the first time Hazrat Khalifatul Masih II^{ra}, his brothers and members of Qadian experienced flight on an aeroplane. This was the first time in history that a plane took off from the blessed soil of Qadian.

With the commencement of the blessed month of Ramadan, the first fast of the year 1932 was observed in Qadian on 30 December. It is recorded in the Jamaat's history that a famous aviator from India, Mr Chawla, came from Lahore on his aeroplane on 30 December 1932, around 4 pm and landed in the open field near Qadian railway station. Mr Chawla reached Qadian from Lahore in 35 minutes. This journey, if taken by foot, would take roughly a full day if one walked without a break.

Mr Chawla requested Hazrat Musleh-e-Maud^{ra} to see his plane. Huzoor^{ra} expressed his intention that he'd see the plane on 31 December; however, due to his busy schedule, Huzoor^{ra} could not make it on that day.

On 1 January 1933, around 11 am, Huzoor^{ra} arrived to see the aircraft. Since it was the first time that a plane arrived in Qadian, many people gathered from Qadian and its suburbs, including women, men and children.

When Huzoor^{ra} arrived, Mr Chawla took the plane for a test flight. After this, some had the chance to experience flight for the first time. For the first flight, Huzoor^{ra} called Hazrat Mirza Bashir Ahmad^{ra} MA and Hazrat Sayedah Nasira Begum Sahiba, who was the daughter of Hazrat Musleh-e-Mau'ud^{ra} and the mother of Hazrat Khalifatul Masih V^{aa}. They boarded the plane and after flying 35 miles around Qadian for a total of 13 minutes at a height of 3,000 feet, they landed.

On the second flight, Huzoor^{ra} nominated Hazrat Sahibzada Mirza Sharif Ahmadra and Sahibzadi Amatul Qayoom Sahiba, daughter of Hazrat Musleh-e-Maudra. Then, Huzoor^{ra} boarded along with Hazrat Sahibzada Mirza Sharif Ahmad^{ra}. As the plane took flight, slogans of Allahu Akbar were raised. The plane flew at a height of 4000 feet for half an hour and circled to the river Beas. After covering a distance of fifty miles, the plane landed amid chants of Allahu Akbar.

This interesting incident of 1933 shows how Hazrat Khalifatul Masih V's^{aa} grandfather, Hazrat Mirza Sharif Ahmad^{ra}, had the opportunity to board the first flight in the history of Qadian twice, and the mother of our beloved Imam, Hazrat Khalifatul Masih V^{aa}, was nominated to fly on the first flight. It also sheds light on Hazrat Musleh-e-Mau'ud's^{ra} approach to introducing Ahmadi men, women and even children to the modern inventions of the age.

The then Al Fazl correspondent, while reporting this important historical event, wrote that Mr Chawla Sahib was an expert in his art and a smart young man. It was through him, as stated above, the first time an aircraft came to Qadian and took flight from this abode of peace, denoting a memorable and historic day in the history of the Jamaat.

It would not be out of place to mention here that many members of the Jamaat were worried about the short plane flight and some sincere members even voiced their concern before Hazrat Khalifatul Masih II^{ra} suggesting he should not board the plane and expressed that the life of the Khalifa was so precious it could not be estimated. As it was the first time, they felt a high probability of danger and requested Huzoor^{ra} to not board. Hazrat Musleh-e-Mau'ud^{ra} listened to their sincere desire with a smile and consoled them.

During Huzoor's^{ra} turn, when some time had passed, and the plane was out of sight, a wave of panic and anxiety tided. Finally, as soon as the plane came into sight from a far distance, people started raising slogans with great joy. (Al Fazl, 3 January 1933, pp. 1-2)

Hazrat Musleh-e-Mau'ud's^{ra} interest and passion for air travel can also be estimated from the incident of 1924 which has been recorded by Hazrat Chaudhry Sir Muhammad Zafrulla Khan^{ra} in his book. He writes:

"A few days before the return journey of the Imam was to commence, I left for Amsterdam. KLM's London-Amsterdam air service had started only a short while earlier. It was my first experience of air travel. The plane was small – to carry just five passengers. Chairs were of cane, arranged two in the front and three in

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HAZRAT KHALIFATUL MASIH II RA AT THE LUDHIANA RAILWAY STATION the back row. No more than a wooden plank separated the passengers from the pilot. There was only one exit and entry door for everybody to use. The plane flew low. The atmosphere being clear, every object on the ground could be distinctly seen. The plane stopped at Rotterdam for a few minutes before landing in Amsterdam. After a few days, Chaudhry Mohammad Sharif joined me there. Together, we travelled to Brussels. From there, after a two-day halt, we joined the Imam's entourage in Paris. In Paris, he stayed at Grand Hotel near Louvre. Though not as busy as he was in London, most of his time was spent meeting with people. Only a day could be spared to visit the palace of Versailles. […] During the Paris stay, Imam observed that since I already had experience of air travel, a way should be found for him to have the same experience. I submitted that his companions would not approve of his trying this new mode of travel, which still carried an element of hazard. He said they should not be told beforehand. I submitted that once they came to know of it, I would be blamed for the advice, and they would entertain no excuse I might put forth. I was conscious of the Imam's wish for an occasion to arise for his travel by air but, I guess, the Imam did not insist." (Tehdise Nemat or Recollection of Divine Favours [English], p. 213-214)

Further details and interesting aspects of the aforementioned first air travel in 1933 are also found in the writing of an eyewitness who passed away on 13 July 2017 at the age of 92. Syed Muhammad Ahmad Sahib, son of Hazrat Dr Mir Muhammad Ismail[ra], writes in his memoirs:

"Some 15 years before Partition, towards the end of 1932, a small three-seater plane called a Puss Moth came to Qadian. The plane landed on a large field to the west of the railway station. The owner and pilot of the aircraft was Mr R N Chawla who in 1930 was the first Indian to fly a de Havilland Puss Moth from India to England. He had brought his plane to Qadian with the intention of taking it to London and then flying from there to Karachi to create a record for the shortest-ever air journey between the two cities. At the time, the airport in Karachi was considered the centre of civil aviation in India.

"According to his proposed itinerary, he had to call in at 15 locations on the way to Karachi as his plane was unable to fly more than 300 miles at a time. In addition, planes in those days did not have the electronic instruments required to navigate at night and there was also the matter of his sleep and rest. Therefore, Mr Chawla had estimated he would need at least 15 days for this journey. Since he did not have the requisite funds to undertake it, estimated to be Rs 10,000, he had sent out requests for donations to the maharajas, rajas and nawabs of various Indian states. Each donor was asked to give Rs 500 to enable this expedition and enhance India's prestige in the world.

"A copy of this request was also sent to Hazrat Khalifatul Masih II[ra] and Huzoor was the first person to respond to it. Huzoor wrote back to him saying that if he came to Qadian in his plane and took a few members of the community for a ride in it, he would donate Rs 500 to him. And so it was that Mr Chawla brought his plane and a mechanic with him to Qadian. The plane landed in the town at 7 pm on 30 December 1932.

"Back then, Qadian had a population of between 3000-4000 people. The entire town came out to see this aeroplane for the duration of its stay. There were oval semi-circles marked on each side of the landing ground and during the day, they would fill up with spectators. The visit of this plane took place a year before the infamous convention of the Ahrar which saw them enter Qadian and promise to destroy it brick by brick. The convention was held close to the Arya school which was near the railway line.

"Mr Chawla spent to technical and logistical issues before making a test flight. He also met with Huzoor in his office and requested him to come and see the plane for himself. On 1 January at 11 am Huzoor, accompanied by a group of khuddam and some elders of the community, went to see the airplane. I was 8 years old

Hazrat Sahibzada Mirza Sharif Ahmad^{ra}

then and one of many enthusiastic spectators. As soon as Huzoor arrived, Mr Chawla made a short test flight and, after landing, he invited Huzoor to come up with him. But for the first flight, Huzoor chose his brother Sahibzada Mirza Bashir Ahmad^{ra} and his eldest daughter, Sahibzadi Nasira Begum. For the second flight, he nominated his youngest brother Sahibzada Mirza Sharif Ahmad^{ra} and second daughter Sahibzadi Amatul Qayoom. On the third flight, Huzoor went himself with Sahibzada Mirza Sharif Ahmad^{ra}.

"During Huzoor's flight the plane did not land after completing its circuit. Instead, it flew higher in an easterly direction and after a while it disappeared from view, causing a wave of anxiety to spread through the crowd. There were people who thought that this might have been a secret plot to abduct Huzoor. Others started to cry, while some began to pray. Their prayers were ongoing when the plane came into sight from the east, flying at a considerable height. There was a sudden sense of relief and various people fell into prostration in gratitude to God. After landing, Huzoor explained that he had asked Mr Chawla to fly to the Beas River so that he could see the area between Qadian and the river from the air.

"The pilot's seat was at the front of the plane and a wide seat for two passengers was at the back. Huzoor announced a list of names of those who would take turns going up. Each person was given the opportunity to fly for one circuit, which lasted about 7 minutes. The following day – the last one of Mr Chawla's visit – some children were also given an opportunity and one adult and two children would go up in turns. My heart yearned for the chance to fly. Perhaps Huzoor sensed something of my desire because suddenly I heard my name called out. I felt like I had won the lottery." (Wings of Duty, pp. 4-7, Al Fazl, 26 August 2010, p. 3)

In the Jamaat's history relating to air travel, it is recorded that Hazrat Musleh-e-Maud^{ra}, in the 1936 Majlis-e-Shura, expressed:

"I am not aware of the views of other friends [about this matter], but when I travel via train, I feel a strong desire in my heart that 'If only this train was manufactured by Ahmadis and the company was owned by Ahmadis' and when I travel via plane, I say [in my heart], 'If only this plane was manufactured by Ahmadis and Ahmadis were the owners of its company." (Khitabat-e-Shura, Vol. 2, p. 79)

Allah Almighty paved the way and made airborne journeys and missions faster through the blessings of Khilafat-e-Ahmadiyya; for example, during the centenary of the Khilafat Jubilee year, the plane Hazrat Khalifatul Masih V^{aa} boarded and travelled to Canada from, on his visit to the United States in 2008, was named the "Khilafat Flight". This historic journey was made on 24 June 2008 on Continental Airlines – Mun'am Naeem Sahib, Chairman of Humanity First America, was its Vice President. 27 members were fortunate to travel on this plane. Each member was given a boarding card.

The boarding card provided had the logo of the centenary Khilafat jubilee and a picture of Minaratul Masih. "Khilafat Flight" was written on the top of the boarding card and "Ahmadiyya Muslim Community" and "Khilafat Centenary Celebration" were written on the bottom.

After the plane took off, Naeem Sahib announced on behalf of the plane's staff. He expressed his Salaam to Huzoor[aa] and Begum Sahiba and said they were currently flying toward Toronto. The flight was being operated by the chartered division of Continental Airlines. He said the plane was manufactured by the Brazilian company Embrey E.R.J. Continental Airlines had 250 such aircraft in its fleet. Apart from the one used for the journey, 350 large aircraft including Boeing 777, Boeing 767, Boeing 757, and Boeing 737 models were included in the fleet. Continental Airlines, he said, was the fourth-largest airline in the world.

During Hazrat Khalifatul Masih V's[aa] visit to America in 2018, Huzoor[aa] was given a similar respect. And now, very recently, in the reporting of Huzoor's[aa] visit to America in 2022, it is recorded:

"2 October, Sunday: Today, Huzoor[aa] left Zion on the plane "Khilafat Flight" to Dallas. The "Khilafat Flight" left Chicago at around 1 PM and arrived at Dallas Airport at 3 PM. (Al Fazl, 14 October 2022)

"9 October, Sunday: Today, Huzoor[aa] left for Maryland in the plane "Khilafat Flight" from Dallas. The "Khilafat Flight" departed from Dallas at 12:15 in the afternoon and arrived at Maryland's Baltimore Airport at 15:45, from where Huzoor's[aa] entourage, with a police escort, reached Bait-ur-Rehman Mosque at 16:30."

Around 90 years ago, the first air travel of Hazrat Khalifatul Masih II[ra] started with the company of one fortunate traveller. Fast-forward to today, in the year 2022, when about 75 fortunate people had the privilege of travelling with Hazrat Khalifatul Maish V[aa] on this historic Khilafat Flight of continental Airlines plane.

No doubt, the time is not far when new milestones shall be unveiled through the blessings of Khulafa of the Messiah. Every useful invention in the world shall support and aid them in the propagation of the message of true Islam to the corners of the Earth.

Picture source: m.by56.com

CONTINENTAL AIRLINES PLANE

Continental

Picture source: Freepik.com

WINTER & OUR HEALTH

Dr. Hameed A. Mirza
Majlis Peace Village East

As people age, maintaining good health often becomes increasingly challenging. Islam places special emphasis on the importance of striving to stay physically fit to the best of our ability. In western countries, winter can be particularly difficult due to extreme cold, which significantly reduces outdoor activities. During this season, we tend to spend most of our time indoors, making it even more essential to prioritize exercise and physical fitness.

As we transition from summer to fall and then to winter, catching a cold has become increasingly common, especially in the post-COVID era. Recovery often takes longer than before, which can negatively impact our overall well-being and lead to disruptions in our work and daily lives.

One prominent effect of cold weather is excessive mucus production, commonly referred to as phlegm or sputum. This is often a symptom associated with chronic lung conditions such as COPD (including chronic bronchitis and emphysema), cystic fibrosis, bronchiectasis, non-tuberculous mycobacterial (NTM) lung disease, or asthma.

Mucus plays a vital role in our lungs' immune response by trapping irritants in the airways and enabling the body to expel them through coughing, thereby helping to protect against infections. However, excessive mucus production can do more harm than good, potentially leading to complications.

"Coughing up mucus is not normal, and it should raise the alarm that something is wrong."

Mucus buildup in the airways can make breathing more difficult and increase the risk of infections, potentially causing further lung damage. If this condition persists for several days, it is advisable to consult a doctor for appropriate evaluation and treatment.

If we are experiencing excessive mucus production, there are steps we can take to help prevent and clear it from our lungs. It's important to discuss these options with a healthcare provider to develop a personalized strategy. Together, we can monitor the results and make adjustments as needed to ensure effective management.

- Cough it up. Controlled coughing loosens mucus and helps it move through the airways. Uncontrolled coughing may trap mucus in our airways.

- Postural draining. We can lie down in different positions to help clear the mucus.
- Quit smoking. Smoking produces thicker mucus and increases the amount of mucus in the airways. Nicotine, the addictive chemical found in cigarettes, paralyzes the cilia or fiber-like cells that help move mucus out of our lungs.
- Keep hydrated. Water helps keep our mucus thinner.
- Watch your dairy intake. Some people may find that their mucus becomes thicker when dairy products, like milk, yogurt or ice cream, are consumed.
- Keep Warm: Consider adding an extra layer of warm clothing to help keep yourself comfortable and protected from the cold.
- Avoid Dry Air: Using a humidifier can be beneficial if your cough is triggered by dry air or dust.
- Prevent lung infections. Ask your healthcare provider if we are up to date on vaccines that prevent infectious respiratory disease such as flu and pneumococcal pneumonia.
- Talk with your healthcare provider about airway clearance methods. This can be done using manual chest physical therapy, airway clearance devices, or handheld positive expiratory pressure devices.
- Your healthcare provider may recommend medication. Discuss the types of over the counter or prescription medications that may help you clear mucus.

Some additional tips to get relief from cough:

- Take plenty of fluids including homemade vegetable and fruit juices, electrolyte solutions, warm soups, and broths.
- Take enough rest.
- Try steam inhalation.

May Allah grant us all good health and physical well-being, enabling us to continue worshipping Him with devotion, fulfilling our responsibilities, and serving His cause and the Jama`at with sincerity and dedication. May He bless us with the strength and perseverance to remain steadfast in our faith and contribute positively to the betterment of our communities. Ameen!

BAITUL ISLAM MOSQUE VAUGHAN, ONTARIO

Picture source: x.com/_aizazkhan

REPORTS

Friendly Match Of Badminton December 15, 2024

Majlis Ansarullah Peace Village South East arranged a friendly match Between PVSE & Vaughan South. Four teams of two players each participated. All four teams played three games each team. So total twelve games were played with 21 points each.

Winner up team of PVSE:	*1. Mahmood Asghar*	*2. Arshad butt*
Runner up team of Vaughan south:	*1. Ahmad butt*	*2. Mansoor ahmad*

Get-Together with Elder &Sick Ansar December 13, 2024

Zaim Majlis Ansarullah PVSE respected Maqsood Ahmad Sajid visited the following sick & elderly brothers. 1. Ghulam Rasool Siddiqui sb. 84 years old, 2. Abrar ahmad sb. 84 years old, 3. Mubashir Ahmad sb. 73 years.

Merry Christmas
Tim Hortons
Merry Christmas
Happy New

WAQAR-E-AMAL

DECEMBER 31, 2024

Majlis Ansarullah Peace Village South East performed its “Exemplary Waqar -e-Amal “ in Baitul Islam Mosque, Maple Ontario. Respected National Amir Sahib led us with silent prayer and the all members cleaned up the different parts of the mosque. At the end served with breakfast followed by silent prayer led by Murabbi respected Mansoor Shahid.

Galaxy S22
Galaxy S22
Galaxy S22

TABLIGH VAN ACTIVITIES

DECEMBER 27 TO 31 2024

Tabligh Van tour from Baitul Islam Mosque to Jane street, Keel Street, King City area, Jane street, Teston road, Cityview Blvd, Walmart and back to Baitul Islam Mosque.Tour started after Juma prayer by two Ansar at 2.30 pm.Reached back to Baitul Islam Mosque at 4.30 pm

I AM A MUSLIM, ASK ME ANYTHING
ISLAM
1-877-994-7526
THE MESSIAH HAS COME
Love for one's country is part of faith
1-877-994-752

REFRESHER COURSE

JANUARY 19 2025

Majlis Ansarullah Hamilton-Niagara Region held its annual refresher course at Baitun Nusrat Mosque, Hamilton, ON. The event was presided by Respected Muhammad Ahmad Sb, Naib Sadr Majlis Ansarullah Canada. Participants of the event comprised of the Regional Majlis Amila and office bearers of Majalis in the region.

Majlis Anṣārullāh
Hamilton-Niagara Region